

student should have some knowledge of the social reforms both with regard to infant care, the protection of children, special schools needed for those who are abnormal, etc. In a book so suggestive of modern thought and of the true meaning of hygiene "the science of health or disease-prevention," it is almost a pity that a long chapter should be devoted to the curative aspect, the first aid of injuries. The treatment of fractures, dislocation, etc., demands expert knowledge. This can only be obtained from a special course of practical classes and involves an aspect of the subject outside the realm of hygiene. Miss Avery's outlook is essentially a practical one. For example, the contamination of food by flies is described, also simple apparatus for diminishing this danger. Mothercraft, housekeeping, etc., should be taught by practice as well as by precept. She insists that the individual owes a duty to himself as well as to the community, that he ought to realise that carelessness about infection, about refuse and dirt, tend to increase and multiply the dangers of disease, and that carelessness in marriage tends to miserable lives for the children of that marriage. Illustrations from photographs of various schools greatly increase the value of the book from a practical standpoint. In spite of the reforms and the enormous annual expenditure given to improve the environment Miss Avery does not see any reason for believing that the quality of the population is any better than when it lived in filth, drank to an extent unknown nowadays, and was decimated by disease. Increase in pauperism and the fact that there is no decrease in insanity supply evidence for the belief that environment is not the only factor concerned. If this is the case, in the true interest of hygiene a study of heredity must be included. A short history of the pioneers of Eugenics and the various practical suggestions that form the basis of their teaching complete a very valuable text book of hygiene.

Davies, Stanley, P.Ph.D. *Social Control of the Feeble Minded*. New York. The National Committee for Mental Hygiene. Pp. 222. Price \$1.25. 1923.

THIS is an important book. It opens with a comprehensive survey of mental deficiency in America from the time of Seguin, when feeble-mindedness was practically unrecognised, and the word defective signified an idiot or imbecile. In confirmation of this fact it may be noted that on the first publication of the history of the Jukes family in 1877, only one case of definite mental deficiency was recorded, whereas by the standards of 1915 Dr. Estabrook found that one half of this family could be classed as feeble-minded.

Seguin and his school believed that idiots and imbeciles only needed education and training to become possible wage-earners, and early experiments in this direction in America led to repeated disappointment. By degrees heredity was recognised as an important factor, and by 1910 the high grade moron was definitely recognised and classified.

The report of the Royal Commission in England in 1908 revealed the important connection between mental deficiency

and social inadequacy, and various American findings confirmed this view. Public opinion was thus focussed on these unfortunate individuals who appeared to be at the root of all social evils, and in America a Research Committee of the American Breeders' Association was appointed in 1911 to investigate the problem of cutting off the defective germ plasm. Ten remedies were suggested, the main ones being sterilization and segregation. As early as 1907 one State had passed a law in favour of sterilization, and by degrees 14 others adopted similar laws. The gross inadequacy of statutory accommodation for defectives, however, made a farce of segregation, and a campaign was inaugurated to increase this in every possible way. This is described by the writer as the alarmist period.

The problem of mental deficiency had, however, taken a somewhat different aspect since the publication of "The Hill Folk" by Davenport and Danielson, in 1912. This study did not appear to bear out Dr. Davenport's previous contention that two defectives could only produce defective offspring, for instead of the 100 per cent. expected, only 78.3 were actually found to be defective. The hypothesis suggested to explain this deviation from the earlier theory was that "feeble-mindedness instead of being a unit Mendelian character in itself, may be rather a composite term for a number of different kinds of mental deficiencies, each of which may singly operate as a unit character one combination of certain traits presenting one sort of feeble-mindedness, and another combination another sort. Working on this hypothesis the possibility of obtaining from two parents whose defects are due to different traits (or lack of them) a child who may be superior to either parent, is to be expected."

Dr. Goddard's Vineland family trees, published in "Feeble-mindedness, its Causes and Consequences," were criticised as not being typical of feeble-mindedness in general, as the cases selected for institutional care would naturally be the most troublesome ones, and those whose parents were themselves incapable of managing them. Finally the establishment of clinics to which defectives could be brought for examination, unmistakably brought to light a different class of case, whose parents were intelligent and whose family history disclosed no trace of hereditary taint. Dr. Fernald's and Dr. Potter's experience of clinic work gave only 50% as being due to heredity, the hereditary cases being often undeveloped physically as well as mentally, whereas the most desirable social traits were usually to be found connected with the non-hereditary type. Again, the theory of the pronounced anti-social conduct of defectives had to be severely modified by further investigations, particularly so with regard to crime, though the 10—11% now found amongst offenders are admittedly the backbone of recidivism, and more troublesome than all the rest of the delinquent population.

The after-care study of patients discharged from Waverley for a period of 25 years, published in 1919 by Dr. Fernald, attracted attention by the unexpectedly good results it revealed, bearing in mind that these cases had not been specially selected as suitable for discharge. Dr. Fernald therefore came to the conclusion that if really

selected cases were increasingly returned to the community on parole, a very much more satisfactory result could be anticipated, in fact that the number of feeble-minded persons who could be safely cared for by the community, was in direct ratio to the supervision that the community was willing to give.

Since 1918 the parole system has been in force in America, and in several places supervision continues until the defective gives evidence of being sufficiently stabilised to warrant complete discharge. It has been found in the case of boys that if they can be trained in habits of obedience and self-control between the ages of 14—18, and have no obvious vices, they may be returned to the world and become useful citizens. An interesting study of 100 institutionally trained male defectives in the community was published by Miss Matthews in 1922. The reports of the employers are almost uniformly favourable, the boys being described as faithful, conscientious and methodical workers, who took pains with the uninteresting details of their work, and took a pride in doing it well. Out of the 100, 78 were working, 3 in the Army and Navy, some being trained, others useful at home, and only 2 sent to a reformatory and 3 returned to the Institution. Parole work for girls has developed more slowly owing to the difficulty in providing adequate supervision.

Another plan for caring for defectives which has been successfully adopted in certain States of America is the Colony system. It consists of any group of inmates living together under supervision outside the parent institution, while remaining under its jurisdiction and contributing to a greater or less degree by labour to their support. Waverley Institution started Templeton Colony for 300 boys and men who work 2,000 acres of land, but the chief colony extensions have been made by Dr. Bernstein, of Rome Institution, N.Y. A tentative start was made in 1906 with 8 boys, and the success, financial and otherwise, of the venture led to the gradual establishment of 22 colonies for males, all but 2 being agricultural. The first colonies were self-supporting as they had the pick of the institution cases, but this standard could not be quite kept up as the best boys were gradually weeded out. In these colonies the boys live an ordinary home life, free from the rather elaborate and expensive environment of an institution. They work also for neighbouring farmers, and when they show themselves successful in "meeting the world test" they may be discharged. A group of 25 were sent to do reforestation work for the State Conservation Commission and did it better than it had been previously done by paid and convict labour; this success led to the establishment of reforestation colonies, and is a good example of the real usefulness of their work.

The first Rome Colony for girls was opened in 1914 for domestic workers, who had all completed their training in the institution, and whose services were offered to the community at 50 cents a day. The demand was soon so great that a careful selection of living-in and daily places could be made, and the wage was soon raised. Out of 67 girls at the end of the year, 42 had made good, and 25 were returned

to the Colony for various causes. By 1922 there were 22 girls' colonies in active operation, paying their way and standing very highly in their respective communities. There are also a few industrial colonies from which the girls go out to factory work in groups, and it is found that they are by no means the first to be turned off when work is slack. Between 1914—1921 573 girls have been drafted to colonies and the records are surprisingly good, only 86 having been returned to the institution for bad behaviour or further training. Out of a total of 49 children born to discharged girls, only 8 were illegitimate. Though there are no statistics as to the mentality of the offspring, it is possible that the same result would be shown as in Dr. Fernald's after-care study of a similar group from Waverley, in which he found that the majority of the children appeared to be normal.

The Colony plan was evolved primarily with the object of releasing beds in the parent institution for urgent cases, and judging by this review the experiment has already justified itself. The domestic workers' colonies might well be imitated in this country, where there are already a very large number of defectives in service. The very fact that a defective is attached to such a colony acts as a safeguard, and the danger of assault and bad treatment are reduced to a minimum. Also the knowledge that inefficiency and bad conduct will inevitably mean a return to the institution, is in itself a very strong incentive to keep straight.

These two systems have made it possible to care for a very much larger number of defectives without very great additional cost, and as such merit consideration. It is manifestly impossible to provide life segregation for the estimated numbers of defectives in the community, and the realization that all defectives are not necessarily either immoral, delinquent or unemployable, should make it possible for these more elastic systems to be adopted, keeping life segregation for the very definitely hereditary types. E.I.C.

Elliot-Smith, Grafton. *The Evolution of Man ; Essays*. London, 1924. Humphrey Milford. Oxford University Press. Pp. 154. Price 8/6.

A volume of essays from the pen of a professor on a subject in which he is a master must excite the keenest interest and anticipation of enlightenment, and Professor Elliot-Smith does not disappoint us. What is perhaps most remarkable in the book is that "he dares to be commonplace." That man is descended from a creature allied to the higher tail-less apes, that these are in turn descended from the tailed forms, and that the lower apes are derived through that weird spectacled lemur *Tarsius* from the lower lemurs, that finally the lower lemurs are the offspring of tree-haunting insectivores like the tree-shrews of Java, and that ultimately the line goes back to opossum-like marsupials ; these are conclusions which have been taught to zoological students for the last thirty years ; and it is a heartening thing to discover that the most profound anatomical criticism of the twentieth century supports them.

Perhaps not all the readers of the *Eugenics Review* who are acquainted with Professor Elliot-Smith as an Egyptologist and